

Smoked Salmon, Avocado & Egg Lunch Bowl

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 17.8 g, Fiber: 10.1 g, **Net carbs: 7.7 g,**

Protein: 45 g, Fat: 80.7 g, Calories: 949 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 serving)

Salad:

- 2 tbsp pumpkin seeds (16 g/ 0.6 oz)
- 1 tsp sesame seeds
- 1/2 large avocado (100 g/ 3.5 oz)
- 1 tsp lime *or* lemon juice
- 1 tsp extra virgin olive oil
- 1/8 tsp chile flakes
- pinch of salt and pepper
- 1 small head crispy lettuce such as baby gem (100 g/ 3.5 oz)
- 1 large egg
- 150 g smoked salmon (5.3 oz)

To Serve:

- 2 tbsp extra virgin olive oil (30 ml)
- 1 tbsp lemon juice (15 ml)
- pinch of salt and pepper
- 1 tbsp butter, ghee *or* bacon grease (14 g/ 0.5 oz)
- 1 tsp paprika
- 2 tbsp full-fat Greek yoghurt *or* paleo mayonnaise (30 g/ 1.1 oz)

Instructions

- Preheat the oven to 180 °C/ 355 °F (fan assisted) 200 °C/ 400 °F (conventional). Place the seeds on a baking tray and roast for 8 minutes until golden. Remove from the oven and allow to cool. Alternatively, roast of a hot dry pan for a few minutes until the pumpkin seeds puff up.
- Place the peeled and pitted avocado into a bowl and smash using a fork. Mix all the smashed avocado ingredients together in a small bowl. Add lime juice, olive oil, chile flakes, salt and pepper and mix well.
- In a separate bowl, mix the dressing ingredients together.
- Poach the eggs by filling a saucepan full of boiling water from the kettle. Bring to a light simmer over a medium heat and season with salt.
- Crack each egg into a cup one at a time. Swirl the water gently with a spoon in a circular direction and carefully pour the egg into the water. Cook for about 3 (soft) - 5 minutes (hard). Remove with a slotted spoon and place on kitchen paper to drain.
- Melt the butter in a pan on a low heat. Once melted, add the paprika and immediately turn off the heat. Do not let the butter burn or it will discolour it. Allow to cool slightly. Place yoghurt in a bowl and swirl through paprika butter.
- Place the baby gem lettuce leaves in your serving bowl.
- Top with smoked salmon, dressing, toasted seeds, smashed avocado, chilli flakes and paprika butter yoghurt.
- Top with the poached egg. Tastes best when served fresh but can be stored in the fridge for up to a day.

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